



# Testing Event FAQs

A guide for wellness coordinators answering employee questions

## Participation

### 1. Can I invite my family members to the testing event?

Family members can participate in the testing event as long as they:

- a) Are enrolled in a PEBB medical plan.
- b) Are age 18 or over.
- c) Don't have Medicare as their primary insurance.\*

Check with your employer to make sure the event is open to people who aren't employees.

### 2. I don't have PEBB coverage. Can I still sign up for the testing event?

No. The testing event is only available to PEBB members. Check with your insurance plan to see if it offers any similar diabetes prevention services. We encourage everyone to learn about their prediabetes and diabetes risk.

### 3. If I already have diabetes, do I need to go to a testing event to participate in a diabetes program?

No, you do not need to attend a testing event. All PEBB plans have support programs for managing diabetes. If you're a UMP member, you can participate in the NOT ME Diabetes Control Program; call 1-800-650-2885 for details and to enroll. If you're a Group Health or Kaiser member, contact your plan to see what programs and services are available to members with diabetes.

### 4. My doctor already told me I'm prediabetic. Do I need to go to the testing event to participate in NOT ME classes, or can I just sign up?

If you already know you have prediabetes or elevated blood glucose, you can sign up for the NOT ME Diabetes Prevention Program classes directly. You don't have to go to the testing event—just call 1-800-237-4942 to enroll.

### 5. I'm retired. Can I participate in the testing event?

You can participate as long as you:

- Are enrolled in a PEBB medical plan.
- Don't have Medicare as your primary insurance.\*

Check with the event host or call 866-926-6099 x 326 to make sure the event is open to people who aren't employees.

*\*At this time the NOT ME program is not available to members who have Medicare as their primary insurance. PEBB may extend NOT ME to members with Medicare in 2016.*

## Registration

### 6. Is the registration site secure?

Yes.

### 7. If the registration site is secure, why doesn't the web address say "https"?

The secure pages are set within a frame to customize member experience. You can see the underlying secure pages in the source code.

### 8. I made an appointment. Will I receive a confirmation or reminder?

You will receive an email confirming your appointment date and time as long as you provide your email address and request notification when you register.

### 9. I made an appointment, but I need to cancel (or reschedule). What do I do?

You can log back into the system or call 866-926-6099 x 326 to cancel or change your appointment time.

## Privacy

### 10. Will my employer see my test results?

**No.** Your results are strictly confidential, so they're kept between you and the Diabetes Prevention and Control Association (the organization providing the NOT ME testing and programs).

### 11. What will NOT ME do with my test results?

NOT ME will look at your results to see if you qualify for the Diabetes Prevention Program classes. If your test results fall in the prediabetes range, they will invite you to participate. Your results won't be shared with anyone else.

### 12. Will NOT ME share my test results with my doctor or health plan?

No. The only information shared with your health plan is whether you receive a test, and whether you attend NOT ME Diabetes Prevention Program classes, so your plan can pay the costs for you.

## Event

### 13. Do I have to submit leave to attend the testing event?

- If you work for a state agency or higher-education institution:  
Governor Inslee issued an Executive Order that allows employees to take 30 minutes of work time to go to the event. You don't have to submit leave.

- If you don't work for a state agency or higher-education institution:  
Ask your organization leadership for guidance.

#### 14. What should I bring to the testing event?

Just your PEBB health plan ID card.

#### 15. I haven't received my medical plan ID card yet. What should I do?

Call your plan's customer service to find out what your medical plan ID number is. You can find your plan's customer service phone number on the PEBB website ([www.hca.wa.gov/pebb](http://www.hca.wa.gov/pebb)) under **Contact the Plans** on the left-hand menu.

#### 16. What can I expect at the testing event?

Each event will differ slightly according to location, but you can generally expect the following:

1. Check in at reception table.
2. Fill out a privacy form and an event participation form.  
(You'll need your PEBB health plan ID number do this.)
3. Wait to be called for your blood sugar test.



1. Your clinician will take a quick finger stick.
2. Your results will be ready in six minutes.
3. Your clinician will confidentially tell you your results.



You'll receive a short, private consultation with NOT ME health coach.

##### **If your results are lower than the prediabetes range**

The coach will tell you how to keep your blood sugar low.

##### **If your results are in the prediabetes range**

The coach will invite you to participate in the NOT ME Diabetes Prevention Program class series.

##### **If your results are in the diabetes range**

The coach will refer you to your health care provider for support.

The entire appointment should take 15-30 minutes.